

Prairieland CSA Starts Today!

In January, it looked as if we would have a record shortfall. However, we are beginning this season with the largest group of shareholders ever and the largest group of new shareholders, as well. Thank you and welcome to the 15th season of Prairieland CSA.

Pickup begins at 4 pm and runs through 7 pm in the garages at 714 W Iowa in Urbana and 701 W Washington in Champaign. Remember, please do not pull into the driveway in Urbana. And, please observe all parking regulations in Champaign. Use the driveway or Harris St. for parking if necessary.

Pickup Procedure

Bring a bag, preferably something that will keep your food dry as your eggs will have a cardboard carton. You also may want to bag your cookbook if you are on foot or bike. Items will be arranged in the garage in the order of the list posted at pickup. Please take only the quantity specified on the list and check off your name on the check sheet. If there is something in the share that you do not want, please leave it in the exchange crate and take something from the exchange crate that you do want (this can include eggs today, an hour out of the cooler won't hurt them). Please do not make substitutions outside of the exchange crate or you will short your fellow shareholders.

Why Am I Annoying You With Email Verification and Checksheets?

Hard to believe, but there have been instances where shareholders did not realize the season was underway and missed several weeks of produce due to email filtering. Now more than ever, we want everyone to get all of their produce.

Cookbooks and Totebags

If your cookbook is in (we are 11 short) it will be note beside your name on the checkoff sheet at pickup. Please take the cookbook with your bookmark in it. Totebags also will be labeled for those who ordered them.

From the Farm

The rains are coming just in time this week. More crops will be leaving the greenhouse for the fields as the weather continues to warm. Look for Diann's note on the board at pickup for additional news.

Today's Haul

- 1 lb bag all purpose white whole wheat flour
- 1 sm bunch asparagus
- 1 sm bunch green onions
- 1 bunch radishes
- 1 bunch flat leaf parsley
- small bag of baby spring green mix (Asian greens / lettuce)
- 1/ 2 dozen eggs

Please note: egg cartons are made from recycled cardboard and cannot be recycled again. They also cannot be legally reused by the Moores. They can however be easily composted in the event you don't have any young crafters in your household.

Recipes and Suggestions

Eggs and Greens

Your eggs were produced by pastured chickens. They are uncaged. The Moores hand mix the organic grains and oilseeds that supplement their pasture diet. As a result, the birds do not receive subtherapeutic antibiotics or growth hormones as part of their feed. If you have not had pastured eggs before, you will notice that they are more yellow due to the chlorophyll from the pasture. Because the eggs are considerably fresher than conventional grocery store eggs, they may not peel as easily when boiled.

Make an asparagus and green onion quiche with a salad of baby greens and radishes.

<http://www.tasteofhome.com/Recipes/Asparagus-Quiche>

You can also use this salad recipe but with fresh greens:

http://www.smilepolitely.com/food/the_bite_of_spring/ It has directions for soft-cooking and hard cooking eggs.

You'll find salad dressing recipes on the PCSA website here:

<http://www.prairielandcsa.org/recipes/lettuce.html>

the buttermilk dressing is a good way to use your parsley, as well

Asparagus

Enjoy this. Asparagus season started very early this year and this may well be the first and last time it makes the share. Recut the stems of the asparagus (like flowers) and place them in a glass of water. Asparagus is best within a couple of days. Steam or blanch it by plunging it in boiling water for no more than 2 minutes and then into ice water to set color and stop the cooking.

Green Onions

You can use green onions in any recipe that calls for regular onions, though the flavor may be milder.

Radishes

Slice and add fresh to salads, or steam until tender and serve as a side dish. Steaming concentrates the radishes' sugars. For a simple appetizer, cut radishes in half and serve with butter and salt. Make sandwiches with sliced radishes and buttered soft white bread. You also can blanch the leaves and eat them as you would other greens. Blanching takes away the prickliness of the leaves.

Parsley

Add it chopped to quiches and scrambled eggs. Toss a few tablespoons of it in your salad and/or salad dressing. Or, make the classic South American grilling condiment, Chimichurri:

1/2 cup fresh flat-leaf parsley leaves

6 cloves garlic

1/4 t salt

1/3 cup extra-virgin olive oil

1/4 cup fresh lemon juice

Mince parsley, garlic, and salt to nearly paste-like consistency. Place in a bowl with olive oil and lemon juice. Use on grilled chicken (especially wings), steak, and vegetables.

All Purpose Stone Ground Organic White Wheat Flour

The flour you are receiving is from white wheat, which does not have the bitter tannins of red wheat. Because of this, you can substitute it 100% in any recipe that calls for all purpose flour. It is especially good in cookies and scones. When using freshly milled flour, you may need to reduce the liquid in recipes by a tablespoon or more.

Oil Pastry for 9-inch Pan

1 1/4 c all-purpose flour
1/4 t salt
1/4 c vegetable oil
2 to 3 T cold water

Stir together flour and salt in a medium bowl. Combine oil and 2 T water. Add all at once. Stir until combined. Add extra water in tablespoon increments as necessary. Pastry will appear crumbly. Form into a ball. Flatten slightly. Dust lightly with flour. Place flattened disc between two, 12-inch squares of waxed paper or parchment.. Roll dough to edges of paper with a rolling pin or a soda/beer can. When dough reaches edges of paper, it will be the right thickness. Peel off top sheet and fit dough, paper side up, onto the pie plate. Remove paper.

No paper? You can use a floured counter and use a floured rolling pin or can to roll dough into a 12-inch circle. Press any cracks together. To transfer dough to pie plate, roll partially over pin or can then unroll dough into pie pan. Be careful not to stretch dough as you transfer it.

Trim dough to 1 1/2 to 2 inches beyond edge of pie plate. Finish edges as desired by pinching or with a fork.

Traditional Butter Crust

If you want to make a traditional butter crust made with no special tools and no bowl:
<http://www.youtube.com/watch?v=bjQ0GSSVymU>

Pastry Handling Tips:

The butter crust video also is good for showing basic pastry handling techniques. However, this video shows a better method for fluting the edges:
<http://www.youtube.com/watch?v=wtcAzK78jSk>

Additional Recipes for Whole Wheat Flour

You can find recipes for whole wheat pizza crust and herbed biscuits in the May 13, 2009 newsletter here: <http://www.prairielandcsa.org/newsletters.html>

The newsletters for each week are posted on the PCSA website prior to pickup.

If you are heading to the farmer's market or Common Ground Coop, you might want to try Strawberry Rhubarb Pie

http://www.smilepolitely.com/food/rhubarb_a_rarity_for_spring_2009/

Questions? Concerns? Please do not hesitate to let us know at 355-6279 or at info@prairielandcsa.org